

## Senior Citizen Services



# June, July, August 2016

Senior Citizen Services Staff

Kristi Fenick, District Manager

Frank Cardenas, Supervising Recreation Specialist

Lewis Higgins, Recreation Specialist

Jazmin Garcia, Assistant Recreation Center Director

Adolfo Herrera, Recreation Leader I

\*\*\*\*\*  
The Senior Citizen Services office is located in the lobby of the  
City Administration Building, 202 C Street, San Diego, CA 92101.  
\*\*\*\*\*

The Senior Office and Senior Lounge will be closed on July 4<sup>th</sup>  
in observance of the City holiday.

**To join our mailing list, or for more information, please call (619) 236-6905.**

*Throughout this newsletter, there are a number of advertisements and community sponsored activities.  
The City of San Diego does not necessarily endorse the services offered by these organizations.*  
\*\*\*\*\*

Visit us on the web at:

[www.sandiego.gov/park-and-recreation/activities/seniorservices/](http://www.sandiego.gov/park-and-recreation/activities/seniorservices/)

Senior Citizen Services • Park and Recreation  
202 C Street, MS 1-A • San Diego, CA 92101  
Tel: (619) 236-6905 • Fax: (619) 236-6909

# Announcements

## Table of Contents

Announcements	2
Senior Services	3
Volunteer Updates	4
San Diego's Got Talent Highlights	5
Senior Photography Contest & Garden Theatre Festival 2016	6
Balboa Park Senior Lounge	7
Activities	8
Dance	9
Performance Arts	10
Online Registration & Senior Trips	11-12
Co-sponsored Events & Senior Olympics	13-15
City of San Diego Park & Recreation Department	16-17
Community Events	18-19
Sponsors/Advertisements	20
Calendar of Events	21-23



The Senior Citizen Services Office and the Balboa Park Senior Lounge will be **closed** on July 4<sup>th</sup>.

**Summer Registration starts May 14<sup>th</sup> & Fall Registration starts August 20<sup>th</sup>, 2016**  
**See page 11 for registration information.**

### \*\*\*Important Refund Update\*\*\*

Refund checks will need to be picked up at the War Memorial Building (3225 Zoo Dr., SD, 92101) or the City Administration Building (202 C St., SD, 92101).

**Checks will not be mailed.**

## Park de la Cruz Update

Everyone has been patiently waiting for the opening of Park de la Cruz (3901 Landis St., San Diego), where Senior Services will have the opportunity to expand recreational opportunities for community members and older adults, through the availability of an adaptive weight room, community recreation room, ball field, playground and gymnasium. Due to necessary renovations to Park de la Cruz's main building, there has been a delay in the scheduled opening. The projected opening of Park de la Cruz Community Center is the Fall/Winter of 2017, but we are excited about the opening of Park de la Cruz Gymnasium, which is scheduled to open this Summer. Senior Services will be utilizing the gymnasium for some upcoming activities. Please stay tuned and we appreciate your patience.

Feel free to contact Frank Cardenas at (619) 236-6910 or [fcardenas@sanidiego.gov](mailto:fcardenas@sanidiego.gov), if you have some program ideas for Park de la Cruz.

## AMAZON SMILE FUNDRAISER

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **DSAC/Senior Services** when you shop at AmazonSmile. Follow these easy steps: Shop under your normal Amazon login at [smile.amazon.com](http://smile.amazon.com). Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc. in San Diego, California. All proceeds will benefit programs for people with disabilities and senior citizens.

## RALPHS/FOOD 4 LESS FUNDRAISER

If you register your Ralphs and/or Food 4 Less cards, **DSAC/Senior Services** will earn a percentage of your purchase to support Senior programs. Log onto [www.ralphs.com](http://www.ralphs.com) to register or call (619) 525-8247 and we will send you a letter to bring to Ralph's or Food 4 Less to register or re-enroll. Our organization is Disabled Services Advisory Council.

# Senior Services

## Daily Social Call

Senior Citizen Services staff and volunteers make daily social calls to interested senior citizens. Calls are made between 8:00-9:00 a.m. Pictured are the volunteers who make this service possible.

**Call (619) 236-6905, if you would like to receive a daily social call, or for more information about the program.**



Violetta



Connie

## Free Legal Assistance

Elder Law & Advocacy offers FREE legal services (donations are welcome) to senior citizens, 60 years and older, on an appointment basis, at 202 C Street, San Diego. **For an appointment, please call Senior Citizens Legal Services at (858) 565-1392 ext. 200 or (619) 425-2460 ext. 205 or 208.**

*Please subscribe to our online newsletter, "The Senior Sentinel", at <http://seniorlaw-sd.org/blog/>*

## Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free and unbiased counseling and information to Medicare beneficiaries at more than 30 sites in San Diego and Imperial Counties. This is a non-profit organization funded by the California Department of Aging and the County of San Diego Aging and Independence Services.

**For an appointment, please call (800) 434-0222 or (858) 565-8772 ext. 232 or (858) 565-1392.**

*These services are provided to the City of San Diego, Senior Citizen Services by Elder Law & Advocacy. The City of San Diego does not endorse, sponsor, or have any other involvement and/or responsibility or other liability for their advice.*

## City of San Diego Senior Lounge

**Balboa Park Senior Lounge**  
1650 El Prado Way, Room 105,  
San Diego, CA 92101

Monday-Sunday 9:30 a.m.-3:30 p.m.  
Lounge Phone: (619) 235-1191

**Lewis Higgins, Recreation Specialist**  
**(619) 236-6906 or LHiggins@sandiego.gov**

*Activities: Art Program, Balboa Park Walk, Cribbage, Needle Crafts, Otherwise Improvise and much more!*

Lounge is currently accepting monetary donations for ongoing services.

## City of San Diego Senior Center

**San Ysidro Senior Center**  
125 East Park,  
San Ysidro, CA 92173

Monday, Wednesday, Friday 2:00 p.m.-6:00 p.m.  
Center Phone: (619) 424-0472

**Robert Lara, Center Director III**  
**(619) 424-0415 or RLara@sandiego.gov**

*Activities: Loteria, Zumba, Ceramics, Watercolor, Home Crafts, Gardening, Book Club, Tech Time, Nutrition Program, Journaling and much more!*  
Center is currently accepting monetary donations for programming of new projects and events.

## Community Senior Center Locations

**Ed Brown Senior Center at Rancho Bernardo:** 18402 West Bernardo Drive, (858) 487-9324

**George L. Stevens Senior Center:** 570 S. 65th Street, (619) 266-2066

**La Jolla Community Center:** 6811 La Jolla Blvd, (858) 459-0831

**Mira Mesa Senior Center:** 8460 Mira Mesa Boulevard, (858) 578-7325 (Opens in July)

# Volunteer Updates

If you are interested in becoming a volunteer, please contact  
Lewis Higgins at (619) 235-1191 or by email [LHiggins@sandiego.gov](mailto:LHiggins@sandiego.gov).

## Welcome Volunteers

Please help us welcome our new volunteers, Joyce M. and Keith W.

Joyce is currently volunteering in the afternoon at the downtown office, assisting with information referral and updating the senior resource guides.

Keith W. volunteers on Tuesday mornings at the Balboa Park Senior Lounge, welcoming guests and serving coffee.

The next time you visit the office or the Lounge, be sure to welcome our new volunteers!

**Thank you for giving your time and talents to the City of San Diego!**

## Happy Birthday!

Please join us in celebrating the following Senior Citizen Services' volunteer and staff birthdays: Betsy R. (6/3); David G. (6/3); Heather M. (6/30); Michael T. (7/10); Michael F. (7/13); Helen L. (7/31); Lee W. (7/31); Oded M. (8/1); Angeles W. (8/5); Carmen S. (8/10); Marcia G. (8/14).



*Thank you for your dedicated service to the City of San Diego!*

## And the award goes to...

On Saturday, April 9<sup>th</sup>, the Citywide Volunteer Program hosted its annual Citywide Volunteer Recognition Event at the Spreckles Organ Pavilion in Balboa Park.

Each city department that has a volunteer program submitted nominations for two special recognition awards, Mayoral and Departmental. Mary T. received the Mayoral award for her outstanding volunteer service to the City. You can congratulate Mary when joining her for the Balboa Park Walk, she leads, on Thursdays from 10-11 a.m.



**Congratulations and thank you for your volunteer service.**



## Dance Assistant



Dance assistants are needed for our bi-monthly dances held in Balboa Park. **Dancing is not required!** Volunteers will assist staff with decorating the ballroom, prepping and serving trays of refreshments and cleaning up at the end of the dance. This is a great opportunity to meet new people, listen to great music, and dance if you like. **For more information on the dances, see page 9.**

## Office Assistant

Office assistants are needed for the main office of Senior Citizen Services, located downtown at the City Administration Building (202 C. St., San Diego, CA 92101). Volunteers will assist staff by answering phones and giving directions and referral information to residents and visitors. If you are looking for a new opportunity or want to get experience working in an office, consider volunteering at the senior office.



# SAN DIEGO'S GOT TALENT HIGHLIGHTS

We had another fantastic show this year! The 41<sup>st</sup> Annual San Diego's Got Talent Show was a big success thanks to all of the talented performers, volunteers and staff that shared their time and talents with us.

Our judges had a tough job choosing the talent. Thank you **Christophver R, Terry John, Mark Anthony**, and **Dolores St. Louis** for choosing this year's talented performers.

We can't thank **Leslie Johnson-Leech** enough, for the time she spent creating the line up, working with the performers, and emceeing the event. Leslie brought The Barely There Players, Tom Leech, Mark Anthony, Terry John, Peg Daly, Shirley Rast, and Karen Menin to help emcee and entertain. Thank you to you all!



# Senior Photography Contest

June 6 - 17, 2016

★ Winning pieces will be on display and open to the public June 6<sup>th</sup>-17<sup>th</sup> from 8:00 a.m. to 5:00 p.m., in the lobby of the City Administration Building (202 C St. Downtown San Diego).

★ Please visit us at the Senior Services' counter and cast your vote for the "People's Choice Award."

## The Garden Theatre Festival 2016

### The Garden Theatre Festival 2016

Zoro Gardens, Balboa Park

Saturdays and Sundays:

July 16<sup>th</sup> - August 21<sup>st</sup>

2:00-6:00 p.m.

### Attention: All Theatre Companies, Performance Artists, and Sponsors

The Garden Theatre Festival 2016 is announcing the summer season in Balboa Park, to herald our Second Century Festival. Daylight performances will be held Saturdays and Sundays from July 16<sup>th</sup> to August 21<sup>st</sup> in the enchanted amphitheater of The Butterfly Garden (formerly known as the notorious Zoro Gardens). This invitation is extended to singers, dancers, musicians and buskers, with acts suitable for outdoor public presentation. All performances are free to the public. Come join us! We welcome all contributions and sponsorships. If you are a theatre company, performance group, act, sponsor, or simply interested in becoming involved, please contact Christophver R at (619) 569-4922 or by email at [Rproduction@live.com](mailto:Rproduction@live.com).



## Rehearsals

The following rehearsals are scheduled at the War Memorial Building room 2 or 3 and the Santa Fe Room. The schedule is as follows: **For more information, call Christophver R at (619) 569-4922.**

### Santa Fe Room

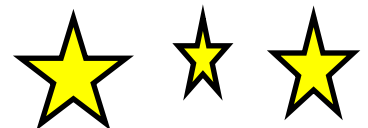
Friday	6/3	5-10pm
Friday	7/1	5-10pm

### Room 2

Sunday	6/5	12-5pm
Friday	6/10	12-5pm
Sunday	6/12	12-5pm
Friday	6/17	12-9pm
Friday	6/24	12-9pm
Monday	6/27	4-9pm
Wednesday	6/29	5-9pm

### Room 3

Monday	6/6	4-9pm
Wednesday	6/8	5-9pm
Thursday	6/9	2-9pm
Monday	6/13	4-9pm
Wednesday	6/15	5-9pm
Thursday	6/16	2-9pm
Monday	6/20	4-9pm
Wednesday	6/22	5-9pm
Thursday	6/23	2-9pm
Wednesday	7/6	5-9pm
Thursday	7/7	2-9pm
Thursday	7/14	2-8pm
Thursday	7/28	2-8pm





# Balboa Park Senior Lounge

The Balboa Park Senior Lounge will be closed on July 4<sup>th</sup>.

The Senior Lounge (1650 El Prado, room 105) is located between the Natural History Museum and the Lily Pond. Feel free to stop by and visit the Lounge, typically open seven days a week from 9:30 a.m. to 3:30 p.m., excluding City Holidays. Feel free to call the Lounge at (619) 235-1191, prior to visiting (the Lounge could be closed during these hours due to volunteer availability). Thanks to a wonderful group of volunteers, the following activities will be available at the Lounge.

## Senior Art Program

**Tuesdays: 1:00 p.m. - 3:30 p.m.**

**Activity Code: 21706**

This is a drop in art program. Bring your own supplies or use our limited supply and prepare to revive your creativity. Beginners are welcome. Activity Leader: Ray J.



## Balboa Park Walk

**Thursdays: 10:00 a.m. - 11:00 a.m.**

**Registration code: 18007**



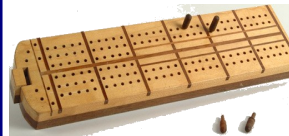
Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Interested walkers, please gather at the Lounge at 10 a.m. The walk starts at 10:15 a.m. sharp.

Activity Leader: Mary T. or Joe F.

## Cribbage

**Wednesdays: 10:00 a.m. - 12:00 p.m.**

**Registration code: 21984**



All levels of players are welcome. Come join us for an exciting game.

## Otherwise Improvise

**Wednesdays:**

**3:30 p.m. - 5:00 p.m.**

**Registration code:**

**18791**



Make it up as you go! Join us every Wednesday for an improvisational workshop. Learn the illusive art of being in the moment. Practice the techniques of give and take. Experience out of mind travel, faster than the speed of mouth.

**It's Free!!!**

For more information, call Christophver R at (619) 569-4922.

## Needle Crafts

**1<sup>st</sup> & 3<sup>rd</sup> Fridays: 9:00 a.m. - 11:00 a.m.**

**June 3<sup>rd</sup> & 17<sup>th</sup>, July 1<sup>st</sup> & 15<sup>th</sup>,**

**August 5<sup>th</sup> & 19<sup>th</sup>**

**Registration code: 21983**

Join our needle craft group making shawls, blankets, sweaters, hats, scarves and more. Yarn, knitting needles, and crochet hooks will be provided, but feel free to bring your own.

Activity Leader: Helene L.



# Activities

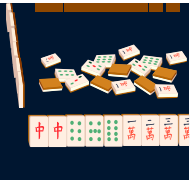
The following programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr., north end of Zoo parking lot), the Santa Fe Room in Balboa Park (2150 Pan American Road West), or the Museum of Photographic Arts (1649 El Prado, Balboa Park).

For more information, call Senior Citizen Services at (619) 236-6905.

## Mah Jong

**Mondays: 9:00 a.m. - 1:00 p.m.**

**Registration code: 18015**



Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game at the War Memorial Building (room 2). New players can learn the game from 9-11 a.m. Everyone is welcome!

## Deaf Seniors Club

**Thursdays: 10:00 a.m. – 3:00 p.m.**

This club meets every Thursday at the War Memorial Building, (room 3) for social and recreational activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served. New members are welcome. \$3.00 donation.

## Piano Notes

**Tuesdays: June 28, August 30**

**10:00 a.m. - 11:45 a.m.**

**Registration code: 18019**



If you enjoy playing the piano or just listening, join us at the Santa Fe Room. This is a great opportunity to meet new friends and enjoy music.

For more information, contact Lee W. at (619) 228-1331 or email [LWahlert@hotmail.com](mailto:LWahlert@hotmail.com).

## Travel Club

**Fridays: June 10, July 8 & August 12**

**10:30 a.m.-12:00 p.m.**

Join the Travel Club at the War Memorial Building (room 2) and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner. For more information, or to RSVP, call Jessica at (858) 279-6032 or email at [Jessica.access2fun@gmail.com](mailto:Jessica.access2fun@gmail.com).



## MOPA Photo Program

**Wednesdays: 1:00 p.m.-3:00 p.m.**

**Museum of Photographic Arts**

MOPA is hosting another photo program on Wednesday afternoons. Dive into the many creative ways to use photography! Join us for all three sessions to expand your photo horizons! Classes are held at MOPA, just across from the Senior Lounge. Space is limited. Please RSVP by calling Kevin Linde at (619) 238-7559 ext. 225 or email [linde@mopa.org](mailto:linde@mopa.org). All cameras, equipment and supplies are provided at no cost to participants, but participants are welcome to bring their own cameras.

**June - Studio & Professional Lighting**: *Explore creative lighting for portraiture, product photography, and still lifes.*

**July - iPhoneography**: *Intro to Smartphone Photography: Come learn the basics of using your smartphone to snap, edit and share your photographs.*

**August - Beyond the Screen**: *Exhibiting Your Artwork: We'll dive into the topic of printing your work and preparing it for matting & framing, submitting to a contest or for exhibition.*



# Senior Dance

The following dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month. There is a \$5.00 charge at the door, which includes live entertainment, refreshments and prizes. All of the dances are at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way.

Registration code 21839 - For more information, call (619) 236-6905.



## ***Father's Day***

**Thursday, June 9**

**1:00-3:30 p.m.**

Join us as we honor our fathers. Enjoy the musical styling's of "Bluezone".

## ***Western*** **Thursday, June 23** **1:00-3:30 p.m.**



Yee-Haw! It's a hoe down cowboy and cowgirl style! Get your gallop on while enjoying the sounds of "The Sundance Band".



## ***Red, White & Blue***

**Thursday, July 14**

**1:00-3:30 p.m.**

Celebrate the birth of our country by wearing Red, White & Blue. Enjoy music by "The Sophisticats".

## ***Luau***

**Thursday, July 28**

**1:00-3:30 p.m.**

Come say aloha and wear your lei, rock your hips, dance to the groove and enjoy the sweet sounds of "The Encores".



## ***Crazy Hat***

**Thursday, August 11**

**1:00-3:30 p.m.**

Put on your crazy hat and enjoy live music by "Bluezone". *Best hat wins a prize!*



## ***End of Summer***

**Thursday, August 25**

**1:00-3:30 p.m.**

Heat up the dance floor and enjoy your day with the sounds of "The Encores".



# Scenes from the dance floor:



# Performing Arts

The following **FREE** programs are conducted by volunteer Christophver R at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot), or the Santa Fe Room (2150 Pan American Rd. West).  
For more information, please call (619) 569-4922.



## What's Your Story/Storytelling Workshop

War Memorial Building, Room 3

2<sup>nd</sup> & 4<sup>th</sup> Thursdays: 10:00 - 11:00 a.m.

June 9<sup>th</sup> & 23<sup>rd</sup>; July 14<sup>th</sup> & 28<sup>th</sup>; August 11<sup>th</sup> & 25<sup>th</sup>

Registration Code:18027

Your story is important! Share and develop your history. Join us in creating legacies for the future, in conversation, narrative, performance, written, or play script format.



## Free To Act/Acting Workshop

War Memorial Building, Room 3

2<sup>nd</sup> & 4<sup>th</sup> Thursdays: 11:00 a.m. - 2:00 p.m.

June 9<sup>th</sup> & 23<sup>rd</sup>; July 14<sup>th</sup> & 28<sup>th</sup>; August 11<sup>th</sup> & 25<sup>th</sup>

Registration Code:18039

Why wait when you can act? Improve performance skills, develop confidence, abilities, prepare for upcoming talent shows, video and play auditions. Check out the Yo' Mama's Got Drama Theatre Company, and share your star qualities with others. Come on and discover those talents you always knew were there. Are you ready for your close-up?

## Time Enough

*By Elizabeth K. Hironaka*

What happened to the people I once loved?

They were here,

Just now,

And then they're gone.

Where?

Where did they go?

Can they hear me?

See me?

Maybe not.

Whatever journey they are on

They go alone.

And I'm still here to do my work.

I still have time.

The novel written,

The picture painted,

The puppy rescued,

The friend cherished.

The grandkids loved.

I still have time to live and love.

## The Poetry Party

Santa Fe Room

1<sup>st</sup> Fridays: 2:30 - 5:00 p.m.

June 3<sup>rd</sup>, July 1<sup>st</sup>, and August 5<sup>th</sup>

Registration Code:18790

Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. Performance poetry groups are now forming. For more information, call Christophver R at (619) 569-4922.

*Caution: "Poetry may be inspirational to your health!"*

Join us for a special Poetry Party on June 3 as we feature poets from the San Diego Poetry Anthology.



# Online Registration

If you are interested in any of our Senior Trips, please contact Jazmin Garcia at (619) 236-6905.

## Please note:



Payment must be made with a credit card when registering online. Additionally, walk in registration with payments can be made on Saturday, May 14<sup>th</sup> between 10:00 a.m. and 2:00 p.m. and Monday-Friday between 8:30 a.m. and 4:30 p.m. at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, or call the Senior Office for an appointment (City Administration Building 202 C St., San Diego). Payments can be made with a credit card, check or cash (exact change needed) when paying in person.

To be eligible for program participation you **must create a profile online** using the online registration system. Log on at [www.SDRecConnect.com](http://www.SDRecConnect.com)

**Summer Registration starts May 14<sup>th</sup> & Fall Registration starts August 20<sup>th</sup>, 2016.**

**First Time Online Customers** - Click "Create an Account". Fill out New Account Request form completely for the primary responsible person, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link! Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

**When registering for programs/trips online, use the registration code, listed by all the programs/trips, in the newsletter. If you do not have an email, you will need to register and pay for programs/trips at the office. For assistance setting up your profile, please join us Monday - Friday from 8:30 a.m. - 4:30 p.m. at the War Memorial Building and/or call for an appointment to be seen at the City Administration Building, Senior Citizen Services. Senior Services' staff & volunteers are here to help!**

## Senior Trips

### **\*Pick-up locations:**



**Downtown:** Corner of 1st & C Street., San Diego

**Clairemont:** South Clairemont Recreation Center 3605 Clairemont Dr., S.D.

**War Memorial Building:** 3325 Zoo Dr., S.D. (north end of Zoo parking lot)

### **Trip Departure Information**

It is your responsibility to call Senior Citizen Services, one week prior to trip departure, to confirm your pick-up time. Pick-up times typically range from 7:00 a.m. to 8:30 a.m.

### **Transaction Fees/Refund Policy**

**For online registrations:** \$2.00 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable.

[SDRecConnect.com](http://SDRecConnect.com) does not accommodate requests for refunds, transfers or cancellations, but Senior Services can offer you a refund, via check, within 30 days notice. If less than 30 days notice is given, **AND** we are able to find a replacement, a refund will also be given. **Contact Jazmin Garcia at (619) 533-4702 for refund information.**

Refund checks will need to be picked up at the War Memorial Building or the City Administration Building; checks **will not** be mailed.



# Senior Trips

If you are interested in any of our Senior Trips, please contact Jazmin Garcia at (619) 236-6905.

## **NEW Trip! Aquarium of the Pacific & Harbor Cruise**

**Thursday, June 9<sup>th</sup>**

**\$61.00\***

**Registration code: 23569**



Join us on a trip to the **Aquarium of the Pacific**, located in Long Beach Harbor. Home to more than 11,000 ocean animals, with nearly 500 species, the Aquarium celebrates the

planet's largest and most diverse body of water, the Pacific Ocean. After our Aquarium exploration, we will see over 50 points of interest on a 45-minute, full narrated tour of Long Beach Harbor. You will learn history about the harbor, see the beautiful Long Beach skyline, the world famous Queen Mary, large cargo ships from all over the world, and much more. Trip includes transportation, driver gratuity, and entrance to the Aquarium & Harbor Cruise. **Lunch is on your own.** Pick-up and drop-off information to be announced one week prior to our trip.

## **Back Due to Popular Demand!**

## **Ronald Reagan Library & Vatican Wonders**

**Thursday, July 7<sup>th</sup>, 2016**

**\$53.00\***

**Registration code: 25587**



Located in Simi Valley, The Ronald Reagan Presidential Library and Museum is the exclusive West Coast destination for Vatican Splendors: A Journey Through Faith and Art. This

12,000 square foot exhibition, comprising one of **the largest Vatican collections ever to tour the United States**, includes an extraordinary collection of historical and religious objects, some of which date to the first century, as well as works of art by Michelangelo, Bernini, Guercino and others. Trip includes transportation, driver gratuity, and admission to the library. **Lunch is on your own.** Pick-up and drop-off information to be announced one week prior to trip.

## **Summer Trips!**

### **Getty Villa Tour**

**Wednesday, August 3<sup>rd</sup>, 2016** **\$30.00\***

**Registration code: 26359**



The Getty Villa, in the Pacific Palisades neighborhood of Los Angeles, is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome and

Etruria. The Getty Villa houses the J. Paul Getty Museum's collection of approximately 44,000 Greek, Roman, and Etruscan antiquities. Over 1,200 works are on view in 23 galleries devoted to the permanent collection, with five additional galleries for changing exhibitions.

Trip includes transportation and driver gratuity. **Lunch is on your own.** Pick-up and drop-off information to be announced one week prior to trip.

### **Del Mar Horse Race & Horse Stable Tour**

**Thursday, September 1<sup>st</sup>**

**\$28.00\***

**Registration code: 26580**



Join us on a day full of fun at the Del Mar Race Track! We will watch 6 out of 8 races & attend a guided tour of the race horse stables and training area. The tour is conducted by Alan Mindell, a professional Race Horse Trainer. We will be sitting in the Stretch Run Admission Gates. Trip includes transportation and driver gratuity. **Lunch is on your own.** Outside food is permitted and food is available at the fair grounds. Be prepared to bring a hat & sunscreen, shaded area is limited.

# Co-Sponsored Events

The City of San Diego Park & Recreation Department Senior Citizen Services is proud to sponsor the following programs at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot).

**SanDi-CAN** Action Network that develops community partnerships that work on projects that enhance the lives of older adults and adults with disabilities living in the neighborhoods within the City of San Diego. Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building Room # 3, are open to the public and there is no charge.

**Meets last Tuesdays: June 28<sup>th</sup>, July 26<sup>th</sup>, August 30<sup>th</sup>, 10:30 a.m.-12:00 p.m.**  
**RSVP, please email Brian Rollins at [brian.rollins@sdcounty.ca.gov](mailto:brian.rollins@sdcounty.ca.gov) or call (858) 505-6305.**

## **San Diego Seniors and Veterans Day Fair & Co-sponsored by the City of San Diego**

**(FREE); Wednesday, July 20<sup>th</sup>, 10:00 a.m.-1:00 p.m.** at the  
War Memorial Building 3325 Zoo Dr. San Diego, CA 92101

Information about benefits and support services available. Participating agencies will include federal, state, county, municipal entities and non-profit organizations, who support seniors, veterans and military. Educational Presentations, Health Screenings and Assistance with Filing and Applying for Veteran Benefits.

**Online registration: [www.lcsandiego.org](http://www.lcsandiego.org) and for more information: (619) 236-6905**

**National Active and Retired Federal Employees Association** The National Active and Retired Federal Employees Association is dedicated to protecting the earned rights and benefits of current and retired federal employees. Meetings are on the 2nd Monday of the month at the War Memorial Building (auditorium).

**Meets 2nd Mondays: June 13<sup>th</sup>, July 11<sup>th</sup>, August 8<sup>th</sup>**  
**1:00-2:30 p.m.**

**Please RSVP by calling (619) 226-410**  
**[www.narfesandiego.org](http://www.narfesandiego.org)**

**Healthy Life-Style Luncheons** will start up in June and will continue on the 2<sup>nd</sup> Friday of each month (except in September). We will have a lunch for \$3 and either a speaker talking about topics or entertainment. Luncheons will be at the War Memorial Building, 3325 Zoo Drive, San Diego, CA 92101, at the far end of the San Diego Zoo parking lot. Come join us for lunch and some Friday Fun!

**Meets 2<sup>nd</sup> Fridays: June 10<sup>th</sup>, July 8<sup>th</sup>, August 12<sup>th</sup>**  
**Lunch starts at 12:00pm**  
**RSVP, call (858) 292-5812**



# @-Sponsored Events

Register online at [www.sdreconnect.com](http://www.sdreconnect.com)

**CODE: 24191**

Join us for the 2nd annual

## *Padres* **FUNDRAISER**

Sunday, August 21st @ 1:40 p.m.  
vs Arizona Diamondbacks

**Includes FOOD and BEVERAGES!\***  
**\$100 (CRAFT BEER & SODA)**  
**per ticket**

\*Food service is available one hour prior to first pitch until one hour after first pitch.  
Beverage service is available one hour prior to first pitch through the 7th Inning.

The Western Metal Building has been reserved for this year's fundraiser!  
**DON'T MISS THIS AMAZING OPPORTUNITY!**



**ALL PROCEEDS BENEFIT**  
Therapeutic Recreation  
Services and fund recreation  
programs for individuals  
with disabilities!

The City of  
**SAN DIEGO**

Tickets will be available for pick-up at the War Memorial Building (3325 Zoo Drive, 92101) closer to the event.  
If you have any additional questions, please call the office at 619-525-8247.

Proceeds of this fundraiser benefit children & adults with disabilities.  
(See page 11 for online registration information).



# Co-Sponsored Events

**SAN DIEGO**  
*Senior Games*



## 2016 Senior Games Goals:

### PROMOTION-

- ..Hold entry fees down
- ..Support NEW Website
- ..Invite more participants
- ..Secure more sponsorships

### WORKSHOPS / CLINICS-

- ..Start ROOKIE teams
- ..Teach sport SKILLS
- ..Very low costs
- ..Volunteer Program
- ..Commissioner Guidebook

### MONTHLY LUNCHEONS -

- ..Promote Monthly Luncheons starting in June
- ..Secure speakers

### SILVERARTS

- ..Visual Arts competition
- ..Photography
- ..Drawing
- ..Painting
- ..Sculpting

**Come Join Us  
and play your  
favorite Sport!**

**Bring a Friend!**

**Signup to  
Volunteer!**

**Donations are  
always  
Welcome!**

## 2016 San Diego Senior Games

# Registration Opens June 1

**DONATE !**

**VOLUNTEER !**

**PARTICIPATE !**

## FRIENDS of the San Diego Senior Games !!

### Sign-on and See our new Website !

As you know, we support keeping retirees/seniors happy and healthy. Register on-line, email us or call and we will sign you up. There are over 25 sports to choose from and several have novice Divisions for first time players. Join Us:

[www.sdseniorgames.org](http://www.sdseniorgames.org) office (858) 292-5812

**Check out  
our NEW  
Website !**



**We have a NEW  
Event this year  
called SilverArts:**

*This is a Visual Arts  
Competition which  
allows you to show  
your drawing,  
painting and  
photography skills.*

**Our Healthy Life-Style Luncheons** will start up in June and will continue on the 2<sup>nd</sup> Friday of each month (except in September). We will have a lunch for \$3 and either a speaker talking about senior topics or entertainment. Luncheons will be at the War Memorial Building, 3325 Zoo Drive, San Diego, CA 92101, at the far end of the San Diego Zoo parking lot at 12:00 noon.

For more info, Call: office (858) 292-5812  
Come join us for lunch and some Friday Fun!



# City of San Diego Park & Recreation Department



## City of San Diego **PARKS FIT SAN DIEGO**

Park & Recreation  
Department

Great  
Raffle  
Prizes  
at all  
Events!

Walk, Run, Roll, or Swim 30 Miles  
between June 13<sup>th</sup> to August 13<sup>th</sup>

**Registration Code: 26948**

**SWIM**

**RUN/WALK**

**ROLL**

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a free and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit San Diego t-shirt!



**Kickoff Event - 1 Mile Fun Run & Eat Fit in the Park**  
June 18, 2016 at Morley Field from 8:00 AM to 10:00 AM

**Finale Event - 5K Run/Walk & Family Celebration**  
August 13, 2016 at NTC Park from 7:30 AM to 10:30 AM



Sign up at your local recreation center or at [www.SDRecConnect.com](http://www.SDRecConnect.com)

# City of San Diego Park & Recreation Department

Call the following facilities for senior programming.

## **Montgomery-Waller Rec Center**

### **Karaoke & Salsa Class**

**When:** Tuesday (6:30pm-8:30pm) & Thursdays (5:00pm-7:30pm)

**Fee:** \$15/3 months

**Description:** Learn how to entertain through song and dance, showcase talents and dance moves while exercising with your friends. You will have a blast learning basic dance steps and vocal techniques.

**Jessie Mullan**

**Assistant Recreation Center Director**  
**[JMullan@sanidiego.gov](mailto:JMullan@sanidiego.gov)** (619) 424-0466

## **Martin Luther King Jr Pool**

### **Water Fitness Classes**

Adults (18+ years) Mondays & Wednesdays 6-7pm.

This is an Aquatic Body Conditioning (ABC) class, meaning the focus is on total body conditioning. It is a multi-level, low-impact, and cardio respiratory workout held in shallow water, so participants do not need to know how to swim. Flexibility, muscular strength and endurance are emphasized. Ideal for participants who have arthritis or are limited in mobility.

**Rae Weber**

**Pool Manager II**  
**[AWeber@sanidiego.gov](mailto:AWeber@sanidiego.gov)** (619) 527-3451

## **Hilltop Rec Center**

### **Active Adult Fitness Classes**

Adults (18+ years) Wednesdays (10:45am-11:45am) at Hilltop multipurpose room. The class is free of charge. Let's Move! The class will consist of stretching, aerobics, hand-eye coordination and cool down. For more information please call:

**Rex Cabanas**

**Recreation Center Director III**  
**[RCabanas@sanidiego.gov](mailto:RCabanas@sanidiego.gov)** (858) 538-8198

## **North Park Rec Center**

### **Adult Fitness**

Tuesdays and Thursdays (11:45am – 1:00pm)  
Mixture of jazzercise, seated and standing aerobics, and stretching. Suitable for all ages and skill levels.

### **Senior Dance**

1<sup>st</sup> Friday of the Month (1:00pm – 3:00pm) \$5  
Music performed by a live band

**Becky Lowndes**

**Assistant Recreation Center Director**  
**[BLowndes@sanidiego.gov](mailto:BLowndes@sanidiego.gov)** (619) 235-1152

## **La Jolla Rec Center**

### **Senior Luau Dance**

Friday, August 12th, 5:00pm to 8:45pm  
Ages: 55 and up Fee: \$15 per person

**Nicole Otjens /Recreation Center Director II**  
**[NOtjens@sanidiego.gov](mailto:NOtjens@sanidiego.gov)** (858) 552-1658

## **City Heights Swim Center**

### **Water Fitness Classes**

Classes are held at varying times in both deep and shallow water. Pre-registration is NOT necessary.

**Nicole McNeil/Pool Manager III**  
**[NMcNeil@sanidiego.gov](mailto:NMcNeil@sanidiego.gov)** (619) 641-6106

## **Allied Gardens Pool**

**Dominic Mangiapane, Swimming Pool Manager II**  
**[DMangiapane@sanidiego.gov](mailto:DMangiapane@sanidiego.gov)** (619) 235-1143

## **Kearny Mesa Rec Center**

**Kelley Clark /Recreation Center Director III**  
**[KLClark@sanidiego.gov](mailto:KLClark@sanidiego.gov)** (858) 573-1387

## **South Clairemont Rec Center**

**Tia Turner /Recreation Center Director II**  
**[TiaTurner@sanidiego.gov](mailto:TiaTurner@sanidiego.gov)** (858) 581-9924

## **North Clairemont Rec Center**

**Richard Crider/Recreation Center Director III**  
**[RCrider@sanidiego.gov](mailto:RCrider@sanidiego.gov)** (858) 581-9926



# Community Events

To post your community opportunities in the Fall 2016 Scroll, send information to Frank Cardenas at [FCardenas@sanidiego.gov](mailto:FCardenas@sanidiego.gov) by **July 1st**.

## **Foster Grandparent Program**

**Catholic Charities** would like to welcome Seniors who are on a fixed income to enroll in the Foster Grandparent Program or be a member of program Advisory Council. As a volunteer, you will tutor and mentor children who need additional support at local schools. The program provides a modest tax deferred stipend, reimbursed transportation, training and more. Must be 55+ to qualify.

**349 Cedar St, SD, CA 92101 - Contact:** Isabel Butler at (619) 231-2828 ext. 312

## **U. S. Military Widowed-Attention!**

**Did you know there is a helpful resource available to you? It's called "Eagle's Wings".**

**EAGLE'S WINGS** is a program of support and healing for the military widowed. Eagle's Wings family is here to help and—there are no fees for our service.

Eagle's Wings is an all volunteer organization for active duty, veterans and their spouses only.

The Military Connection we share is a unique bond that assist in journey. Our participants all understand the demands of service to this nation and many have had to struggle through the inordinate pile of paperwork that comes with military benefits and VA claims.

Your Eagle's Wings family is here to walk the road with you.

**Contact: Eagle's Wings**  
2115 Park Blvd.  
San Diego, CA 92101  
Phone: (619) 234-9464,  
[eagleswings2115@gmail.com](mailto:eagleswings2115@gmail.com)  
[www.veteranmuseum.org](http://www.veteranmuseum.org)

## **"Summer Harmonies"**

Date: Sunday, June 26, 2016

Group: California Note Catchers, a women's 4-part harmony chorus, and quartets.

Time: 3:30pm

Cost: Free

**Paradise Village Liberty Theatre**

2700 E. 4th St.,

National City, CA 91950

(619) 889-0299

"Summer Harmonies" will bring back memories of new beginnings with summer loves and weddings, graduations, and patriotic holidays. Come celebrate summer with special music by the California Note Catchers.

## **Free! Senior Fire Safety & Smoke Alarm Program**

To qualify for the Burn Institute's Senior Smoke Alarm Program, seniors must be 62 years or older, own their own home and live within San Diego County. The Burn Institute's Senior Smoke Alarm Program is available to seniors year-round. Installations are booked on a first-come, first-served basis. Slots fill-up quickly — call now!



**Contact:** Mary Vilgera, (858) 541-2277 ext. 18 or [smokealarm@burninstitute.org](mailto:smokealarm@burninstitute.org)

# Community Events

## SAN DIEGO Festival of the ARTS — AT WATERFRONT PARK —

30TH  
ANNIVERSARY  
CELEBRATION



200 Artists



Craft Beer



Savory Cuisine

JUNE  
11-12  
2016

**TICKETS NOW ON SALE**

BUY TICKETS ►

PRODUCED BY

 **Kiwanis**  
THE TORREY PINES KIWANIS FOUNDATION, INC.

**San Diego**  
MAGAZINE



BENEFITING PROGRAMS FOR SAN DIEGANS WITH DISABILITIES

#SDARTSFEST



# Sponsorship

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors. We would especially like to thank and recognize our Platinum Level Sponsor; *St. Paul's Senior Homes and Services*; Friend Level Sponsor; *Consumer Advocates for RCFE Reform (CARR)*. In addition, thank you to *Eleanor Tamayo*, with *San Diego Gas & Electric's*, for her financial contribution.

Thank you to these organizations for helping to improve the lives of San Diegans.

**We offer a variety of sponsorship and advertising options.**

**For more information, contact:  
Frank Cardenas at (619) 236-6910 or  
FCardenas@sandiego.gov**

## Platinum Sponsor

## Friend Sponsor

Advertisement



On the fence  
about  
assisted living?

*Find out the facts  
Visit CARR's Website  
[www.rcfereform.org](http://www.rcfereform.org)*

Tools. Resources.  
Information & Inspection Reports.

CONSUMER ADVOCATES

**CARR**  
FOR RCFE REFORM

rcfereformorg@gmail.com  
(619) 795-2165

Advertisement



**Leaders in Senior Care**

Over the past 56 years we have provided homes and care to generations of San Diego's seniors. With the changing needs of today's older adults, our services have expanded to bring innovative choices to those seeking resources for active retirement living, personal care, memory support and medical oversight.

**StPaulsSeniors.org • (619) 239-6900**



# June 2016

Su	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Cribbage Otherwise Improvise MOPA Photo	2 BP Walk Deaf Seniors Club	3 Poetry Party Needle Crafts	4
5	6 Mah Jongg	7 Art Program	8 Cribbage Otherwise Improvise MOPA Photo	9 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story? <b>Aquarium &amp; Cruise</b>	10 Healthy Life-Style Luncheon  Travel Club	11 <b>Festival of the Arts</b>
<b>Senior Photography Display</b>						
12 <b>Festival of the Arts</b>	13 Mah Jongg NARFE Parks Fit	14 Art Program	15 Cribbage Otherwise Improvise MOPA Photo	16 BP Walk Deaf Seniors Club	17 Needle Crafts	18
<b>Senior Photography Display</b>						
19	20 Mah Jongg  <b>Photography Reception</b>	21 Art Program	22 Cribbage Otherwise Improvise MOPA Photo	23 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story?	24	25
26	27 Mah Jongg	28 Art Program Piano Notes SanDi-CAN	29 Cribbage Otherwise Improvise MOPA Photo	30 BP Walk Deaf Seniors Club		

**More information about activities listed can be found on pages 6-12.**

# July 2016

Su	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Poetry Party Needle Crafts	2
3	4 City Holiday Office and Senior Lounge Closed	5 Art Program	6 Cribbage Otherwise Improve MOPA Photo	7 BP Walk Deaf Seniors Club Free To Act What's Your Story?  <b>Ronald Reagan Library</b>	8 Healthy Life-Style Luncheons  Travel Club	9
10	11 Mah Jongg NARFE	12 Art Program	13 Cribbage  MOPA Photo	14 BP Walk Deaf Seniors Club Dance	15 Needle Crafts	16
17	18 Mah Jongg	19 Art Program	20 San Diego Seniors and Veterans Day Fair & Co-sponsored by the City of San Diego (pg.13) Cribbage MOPA Photo	21 BP Walk Deaf Seniors Club Free To Act What's Your Story?	22	23
24	25 Mah Jongg	26 Art Program SanDi-CAN	27 Cribbage MOPA Photo	28 BP Walk Deaf Seniors Club	29	30

**More information about activities listed can be found on pages 6-12.**



# August 2016

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3 Cribbage  <b>Getty Villa Tour</b>	4 BP Walk Deaf Seniors Club	5 Poetry Party Needle Crafts	6
7	8 Mah Jongg  NARFE	9 Art Program	10 Cribbage MOPA Photo	11 BP Walk Deaf Seniors Club Free To Act What's Your Story?	12 Healthy Life-Style Luncheons  Travel Club	13  <b>Parks Fit</b>
14	15 Mah Jongg NARFE	16 Art Program	17 Cribbage MOPA Photo	18 BP Walk Deaf Seniors Club	19 Needle Crafts	20
21  <b>Padres Fundraiser</b>	22 Mah Jongg	23 Art Program	24 Cribbage MOPA Photo	25 BP Walk Deaf Seniors Club Free To Act What's Your Story?	26	27
28	29 Mah Jongg	30 Art Program Piano Notes SanDi-CAN	31 Cribbage MOPA Photo	29 BP Walk Deaf Seniors Club	30	31

**More information about activities listed can be found on pages 6-12.**

Senior Citizen Services  
Park & Recreation Department  
202 C Street MS 1-A  
San Diego, CA 92101

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PERMIT NO 134  
SAN DIEGO, CA

**Return Service Requested**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

***“We enrich lives through quality parks and programs”***



*All City of San Diego parks and beaches are smoke free.*